



The Aruba Beach Club understand the importance of “Happy, Healthy Employees”

For the third year in a row, the management of the Aruba Beach Club arranged a week of interesting seminars and activities to encourage their employees to pay attention to their health and adopt habits that contribute to a healthy lifestyle. General Manager Martin van Halteran, who sets a fine example of this for his employees by keeping fit, was along side them through each of the events.

The week was organized by the resort’s “Green Team,” which had arranged some very stimulating sessions, with quite enlightening speakers.

On Monday, Dr. Issak and Jerome v/d Spil, physio-therapist, spoke to a gathering of workers about obesity and the “Non-Diet” Diet, which is a philosophy of healthy eating balance with exercise, so one is not really required to “diet.” This is basically a premise that one should not “diet” to lose weight, which is why so many cannot maintain weight loss, but one should partake of a healthy “lifestyle” with a proper diet of fresh fruits and vegetables, abundant intake of water and regular exercise. Such a regular routine would never require a person to actually “diet,” thus, the “Non-Diet” Diet!

On Tuesday, members of the Club Diebetico came to speak about the dangers of high blood sugar and the epidemic proportions this dreaded disease is attaining. Diabetes is striking more individuals and at a younger age, every year. This crippling disease, the number one cause of blindness in the United States *can* be prevented, but once afflicted; there is no cure, only maintenance. Again, prevention of diabetes can be traced back to pursuing a healthy lifestyle.

Wednesday, Daniel Tacklenborg of the Department of Social Service came to speak about maintaining a healthy life, financially. He explained to employees about making and sticking to a budget, and keeping track of expenses. Less stress about finances also helps to produce a happier, healthier individual. For the second year, the management arranged for the Witte-Yellow Cross to take over the Guest’s Lounge on Thursday to perform basic health testing and make recommendation to all the employees. Technicians checked blood sugar, blood pressure, Body Mass Index and more, and provided informative flyers on maintaining proper diet and disease prevention. Martin van Halteran felt this was such a success the previous year that he was determined to see it become an annual procedure. He expressed the belief that it is very important that the employees go through this testing, with some surprising results, and so giving them a “wake-up call.”

The week finished with a session of Yoga by Ellen Buermans of the Universal Yoga Center. Ellen emphasized the “Principles of Body Function,” and the relationship between channeling ones spiritual energy into physical energy. It was a very stimulating, yet relaxing session for a number of the participating employees, leaving them at ease, yet alert.

The annual health week has become popular at a number of resorts, not only the Aruba Beach Club. Many of the hotel managers appreciate the importance of good health in their staff. Not only will this produce less absenteeism, but the mood and character of an employee that is there to deliver a satisfactory experience to island visitors needs to be at its best, and this is something that is enhanced by a “happy, healthy employee!”